

Contentment with Life Assessment Scale (CLAS)



This scale assesses wellbeing through measuring contentment and fulfillment, along with the self-discrepancies individuals feel towards their life. It is a brief 5-item survey with responses on a 7-point scale. Appropriate for anyone, it requires only a citation for use. Test reliability can be found in Lavallee et al. (2007).

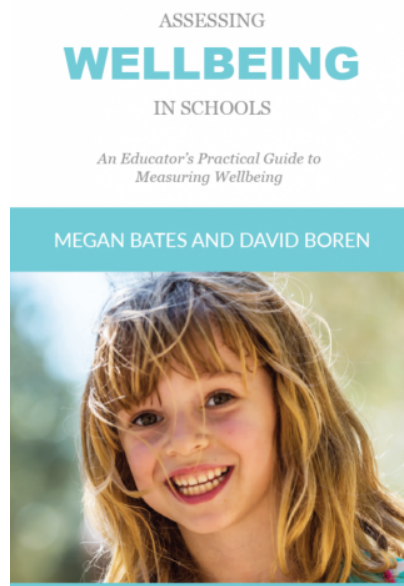
Pros for Schools Cons for Schools

Possibly too short for a robust understanding (5-items)
Less tested than other measures

Suggestions for Further Research

Lavallee, L. F., Hatch, P. M., Michalos, A. C., & McKinley, T. (2007). [Development of the contentment with life assessment scale \(CLAS\): Using daily life experiences to verify levels of self-reported life satisfaction](#). *Social Indicators Research*, 83, 201-244.

MIDSS. Contentment with Life Assessment Scale (CLAS). *Measurement Instrument Database for the Social Sciences*. www.midss.org/content/contentment-life-assessment-scale-clas



Bates, M. & Boren, D. M. (2019). *Assessing Wellbeing in Schools: An Educator's Practical Guide to Measuring Wellbeing*. EdTech Books. Retrieved from <https://edtechbooks.org/wellbeing>



CC BY-NC: This book is released under a CC BY-NC license, which means that you are free to do with it as you please as long as you (1) properly attribute it and (2) do not use it for commercial gain.

